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10th Anniversary

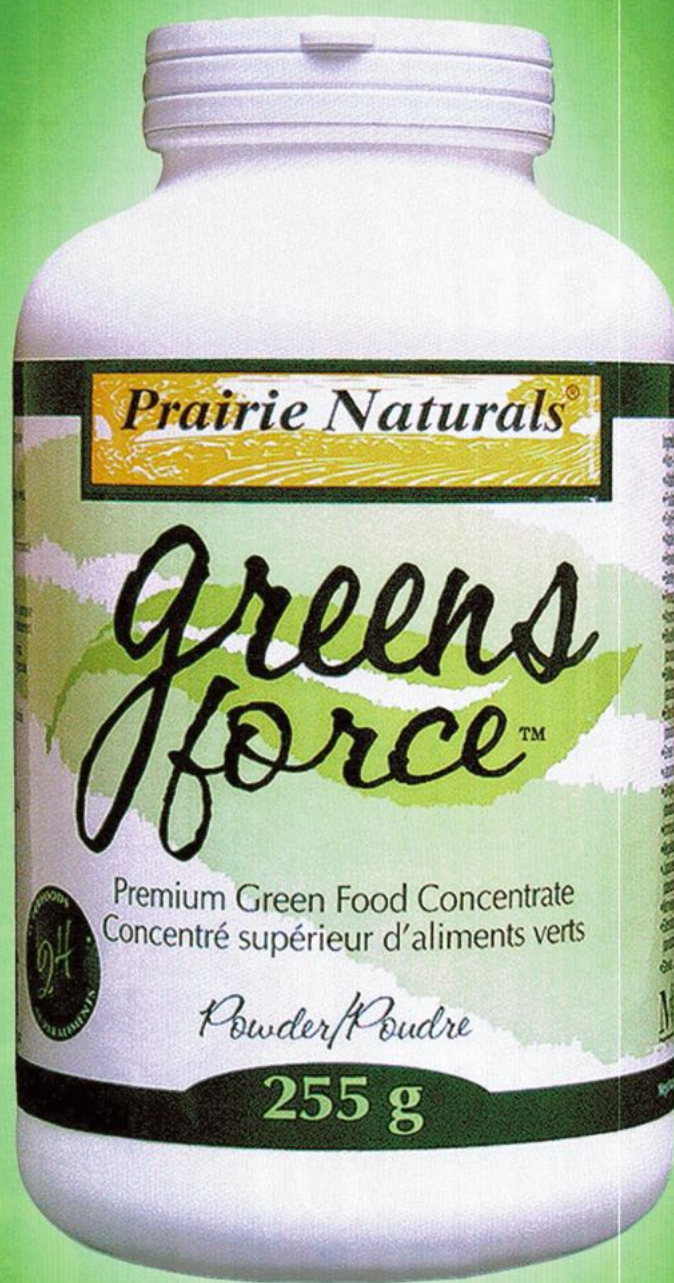
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Al Harvey, The Slide Farm

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Dawn in Clayoquot Sound
by Adrian Dorst

The Clayoquot Sound Rainforest Festival, August 9, celebrates the 10th anniversary of the 1993 blockades and the largest mass arrests and trial in world history. If you would like to share your Clayoquot arrest story in 20 to 50 words, please contact editor@commonground.ca.

One Person, One Planet

by Joseph Roberts

One Person

This July 8 marks the first anniversary of my dear brother's death. A friend suggested that we honor David and the love we have for him in a special way. David was a deeply spiritual man who appreciated nature and loved to help others.

One of my childhood memories of David was how much he liked both David Crockett and Johnny Appleseed, embodiments of wilderness exploration and planting trees.

In his twenties David left the city for the countryside, leaving the noisy hustle and bustle to search for what was true. He lived beside Kootenay Lake, then later Hornby Island, his Greenwood cedar and canvas canoe kept close to water. David was always

excited about and ready to share nature. He introduced me to meditating while paddling.

Yes, I deeply miss him. He was someone I could always count on. He was my brother. He taught me by example the value of nature and God. Eventually he found what he was looking for when he met his spiritual teacher Sant Kirpal Singh. I remember David telling me that Kirpal was the first sane person he had ever met. Dave had met a messenger who would direct him beyond the city and country, show him the way out of confusion and back to God. David has gone beyond with grace.

A group of friends will meet July 8 at one of the trees David planted. He is responsible for the towering Lombard poplar on the northwest corner of West Fourth at Burrard and the tall fir tree next to Greens and Gourmet, south of Broadway at Stephens. We will do a walk-about including visiting the

yellow cedar lotus carving he did for Banyen Books.

I cry when I remember David. As the years go by, may my gratitude grow taller than the grief. July's cover represents that which David wanted to honor and protect. He is not alone. There is another anniversary to honor.

One Planet

This summer is the tenth anniversary of mass environmental protests on the west coast of Vancouver Island. More than 850 people were arrested and prosecuted for opposing the clearcut, wholesale liquidation of ancient forests at Clayoquot Sound.

This was not just the largest number of arrests and prosecutions in BC, it was the largest in Canada followed by the largest mass trial anywhere in the world. People staked a claim for nature. We made history. Now it is up to us to create the future we want. Read, learn and act.

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Clayoquot Heroes

Honoring protest alumni's 10th anniversary

by Valerie Langer

Clayoquot Sound 1993

The most dramatic expression of Canadians' determination to safeguard their natural heritage was the Clayoquot blockade of 1993. Ten years ago, the Friends of Clayoquot Sound set up the Clayoquot Peace Camp. It be-

came the organizing site of the largest blockade in Canadian history. Twelve thousand people joined the protest to stop industrial logging of Clayoquot Sound's ancient rainforests. By the end of the summer, 856 people had been arrested and charged for peaceful civil disobedience.

The Peace Camp was situated in a clearcut infamously dubbed the Black Hole by locals. Its backdrop was an equally devastated mountain scarred to this day with landslides triggered by logging. The demonstrators operated under a strict code of non-violence. The protests were controversial, but effectively set in motion major changes towards protecting Clayoquot's old-growth temperate rainforests.

Each evening, the hundreds of people who arrived from all over Canada, the US and other countries decided, by consensus, what the strategy for the next day's protest would be. Those who were willing to risk arrest were asked to attend a brief meeting to make sure they understood the consequences of their decision (trial, jail, etc.).

Volunteerism characterized the camp. Hundreds of people were fed three meals a day and security and "camp beautification" were provided by people who volunteered their services. Professionals, laborers and grandmothers built the kitchen, did night shift security and trained as peacekeepers. The small temporary village, operating in a highly politicized atmosphere, ran generally smoothly for three months.

At 4 am every morning, a lone accordion player would walk the camp with a serenading wake up call. Hundreds would carpool for the 20-minute drive down a bumpy logging road to the now famous Kennedy River bridge, site of the protests.

From the perspective of the police and the logging company, MacMillan Bloedel, the days must have seemed routine. Read the court injunction; videotape those blocking the road and those "witnessing" on the side of the road. Arrest as quickly as possible and haul them away in the Forest Tours bus leased from the company... Try to avoid the mass of media cameras and microphones.

From our end it was Youth Day on the blockade with Raffi, Artists for

Clayoquot Day with Robert Bateman, Women's and Children's Day, Seniors for Clayoquot, Doctors for Clayoquot, Forest Workers Against Unsustainable Logging, rock stars Midnight Oil playing Clayoquot at dawn, Sarah McLaughlin singing for the ancient forests and the unforgettable mass arrest day of August 9 when 350 were hauled off.

Individuals and affinity groups organized themselves to express their hopes and their despair for the forests. For many, after a lifetime of being taught to obey the law, risking arrest was an emotional and difficult decision that was ultimately empowering. The camp and blockade experience changed lives and generated a new cohort of environmental activists.

The *Times Colonist* newspaper of Victoria had never received as many letters on a single issue in the entire history of the publication as it had on Clayoquot Sound. Every day, images of Clayoquot protests and forests were beamed by television, broadcast by radio and discussed in news articles nationally and internationally. The controversy, the uniqueness of the actions, the grandmothers and doctors and hippies together, made Clayoquot famous. Clayoquot Summer '93 spawned an environmental movement that continues to address logging in places such as the Great Bear Rainforest on BC's mid-coast. In Clayoquot Sound, the blockades and ensuing market-based campaigns aimed at MacMillan Bloedel had significant impacts on industrial logging.

Clayoquot Sound 10 Years After

Since the mass protests, important gains have been made. In 1993, MacMillan Bloedel and Interfor were logging almost half a million cubic metres of forest a year. That rate has dropped by 80 percent. The BC government, suffering a reputation crisis internationally due to the publicity of clearcutting's effect on ancient forest ecosystems, struck a scientific panel to develop new guidelines for logging "sustainably" in Clayoquot Sound. Under pressure to find a way out of the heat, MacBlo partnered with local First Nations to form a logging company called Iisaak Forest Resources, then sold its share of Iisaak to logging giant, Weyerhaeuser.



In 1993, women and children sat down against the RCMP, BC government and forestry companies to protect the trees of Clayoquot Sound. Photo Courtesy of Friends of Clayoquot

Environmentalists negotiated a memorandum of understanding with Iisaak, which became the first Forest Stewardship Council eco-certified major licence holder in Canada. Then in 2000, Clayoquot Sound was designated a UN Biosphere Reserve.

There is a tremendous amount to celebrate about Clayoquot Sound. The show of human determination in 1993 set in motion a series of events to conserve Clayoquot's ancient forest. The movement that flowed out of the Clayoquot campaign has also had far-reaching implications. It created the coalition of European, American and Canadian organizations that have been transforming the marketplace with successes such as adoption of endangered forest-friendly purchasing policies by Home Depot, Ikea and Staples. Clayoquot has been the catalyst, the model and the innovator in environmental campaigns globally. Ironically, Clayoquot Sound is still threatened by industrial logging in its pristine valleys.

Summer 2003 will be a celebration of the 10 year anniversary of an important event in Canadian history. It will also be a preparation to secure the conservation needs of Clayoquot Sound. Initiatives such as adoption of the scientific panel recommendations and UNESCO Biosphere Reserve designation have given many people the false impression that Clayoquot is essentially protected. However, the global economy still gobbles Clayoquot's ancient forests. The scientific panel is largely unimplemented and not legally binding. Biosphere designation does not offer any additional protection. Now the BC Liberal government is proposing to establish "working forest" legislation in the biosphere reserve and Interfor has stated its intent to log the pristine Sydney and Pretty Girl valleys.

FOCS is prepared to make another big push for Clayoquot Sound in order to secure conservation of its unprotected pristine valleys. We challenge government and industry to take measures now to conserve Clayoquot's pristine valley forests.

Join Friends of Clayoquot Sound to celebrate the 10 year anniversary of the 1993 blockades and to send a strong message to Interfor and the BC government that Interfor's large-scale logging of Clayoquot Sound's old-growth forest and threat to pristine valleys must end.

- For more information email: info@focs.ca or check out our website at www.focs.ca
- Tell Interfor and BC's premier you want all of Clayoquot's pristine valleys protected from logging.
- Premier Gordon Campbell, Legislative Building, Victoria, BC, V8V 1X4. Fax: 250-387-0087. Tel: 250-387-1715. Email: premier@gov.bc.ca
- Interfor: Duncan Davies, President and CEO, Interfor, PO Box 49114, Four Bentall Centre, Vancouver, BC, V7X 1H7. Tel: 604-689-6800 Fax: 604-688-0313. Email: duncan_davies@interfor.com

Clayoquot Sound Rainforest Festival

AUGUST 9, 2003

10 Year Anniversary of the 1993 Blockades

Ten years ago Clayoquot Sound became the organizing site of the largest blockade in Canadian history.

12,000 people joined the protest to stop industrial logging of Clayoquot Sound's ancient temperate rainforest.

Many successes have ensued as a result, successes worth celebrating.

However, Clayoquot is not out of the woods yet.

Join Friends of Clayoquot Sound to celebrate the 10 year anniversary of the 1993 blockades, the successes that followed and to send a strong message to the BC government and to Interfor that Interfor's large-scale logging of Clayoquot Sound's old-growth forest and threat to pristine valleys must end.

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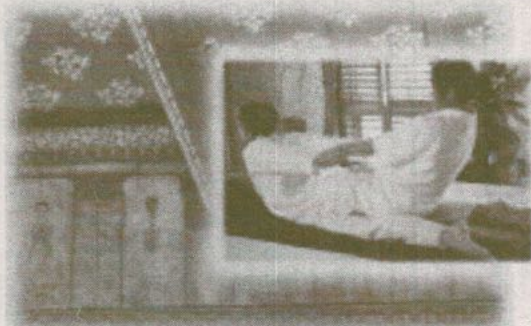
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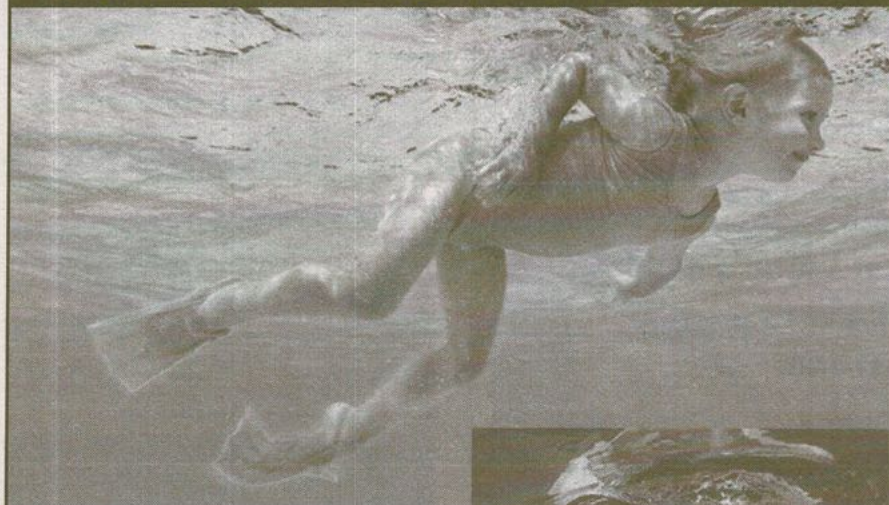
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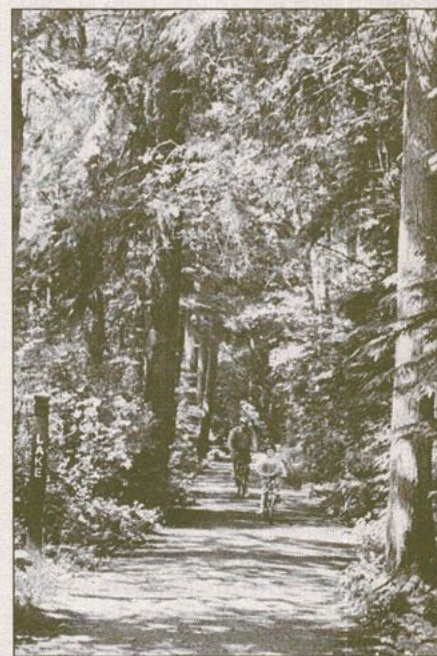
Stanley Park

by John Henigman

Stanley Park is our precious sanctuary lying next to downtown office towers. Old-growth trees survive here. A short bus ride from Georgia and Granville are a few trails that bring you close to the wilderness experience of the west coast. Take a few hours and fall in love with nature.

Stanley Park Adjacent to downtown Vancouver

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the park.

Accessed by trails such as Rawlings, Bridle Path, Lees, Tatlow Walk, and Lovers Walk, the interior of the park is where the old-growth trees are best preserved. All these routes provide easy walking on wide, smooth trails that are also great for jogging and, in some cases, cycling. Sign posts on trails throughout the forest give you directions. Beaver Lake, accessible by the Lake Trail, offers a wonderful place to relax on a park bench and enjoy a coastal wetland lake ecosystem. The lake is rapidly filling in with vegetation and is covered with lily pads. Marshy areas, dominated by red alder, salmonberry, skunk cabbage, hardhack, and cattail, circle the perimeter. Ducks are common.

Numerous Central Coast Salish native villages existed in and near Stanley Park. One was located at Lumberman's Arch in the park, five were located on the north shore of Burrard Inlet, and another was located across English Bay at Kitsilano Beach.

Getting to Your Walk



Stanley Park is the main city park in Vancouver, located adjacent to downtown. It is also linked to North and West Vancouver via the Lions Gate Bridge. You can

get to the park from the downtown area by bicycle, bus, taxi, or car in a few minutes. Head for the Second Beach area if you are driving or in a taxi. If travelling by bus (catch the #23, 35, 135, or 136), a bus loop is adjacent to Lost Lagoon, just east of Second Beach. From either Second Beach or Lost Lagoon, walk north into the forest. Visit the Lost Lagoon Nature House adjacent to the bus loop for directions or to find out more about the park and local ecosystems. Call Vancouver Parks and Recreation for more information at 604-257-8400.

If you would like to know more about local ecosystems get the Vancouver Ecological Explorer: A Walker's Guide to the Ecosystems (\$6.95) available in most book, outdoors and

nature stores in Vancouver. More information is available at www.ecoexplorer.ca. Contact us at guidebook@ecoexplorer.ca and tell us about your visits to natural places.

We All Need Nature



Science Matters

by David Suzuki

Most Canadians today live in large cities — human-created habitats filled primarily with other people, a few pets and domesticated plants. So it's not surprising that I am often asked, "Who needs nature?"

The answer is "We all do," and I will try to show why. Let us imagine that scientists have made a breakthrough and created a time machine. Suppose we board the machine, dial four billion years ago to a time when no life existed. We push a button and zip, we are immediately taken back to a sterile Earth. Anxious to see what the planet was like, we open the door, step out — and within two minutes, we would be dead.

The reason? The atmosphere was completely toxic back then — rich in carbon dioxide and devoid of oxygen. After life arose some 3.8 billion years ago, marine organisms began to absorb the carbon dioxide dissolved in the oceans in order to make protective carbonaceous shells. When they died, those organisms sank to the ocean floor where, over millions of years, they became limestone. All of the world's limestone is made of carbon dioxide removed from the atmosphere.

But removing carbon dioxide wasn't enough. We also need oxygen, which was added to our atmosphere by organisms through photosynthesis. Over millions of years, oxygen has accumulated to make up 19 per cent of our air. To this day, photosynthesis on land, in soil and in oceans maintains the balance of carbon dioxide and oxygen in the atmosphere that we need to live.

Well, suppose we had anticipated the lack of breathable air and stored tanks of it in the time machine. So we don't the

breathing apparatus and leave the capsule to check out the land. After a few hours, we'd get thirsty. But where would we find clean water to drink? Roots of trees and other plants, soil fungi and microorganisms filter out heavy metals and other toxic contaminants to clean our water. Again, before life existed, water would have accumulated substances that we would not care to drink. To this day, the web of living things filters our water as it percolates through soil.

OK, so we brought clean water. But after hours of exploration, we would also be hungry. Where would we find food? Every bit of the nutrition we require for our bodies was once living. Four billion years ago before life arose, there would have been nothing to eat.

Even if we brought food with us, we would need to include seeds if we wanted to grow anything. But where could we plant them? Soil is created from the carcasses of plants and animals mixed with a matrix of dust, silt, sand, clay and gravel. So before there was life, there

was no soil. To this very day, besides being our food, other living organisms create the soil on which we depend.

Finally, suppose after a long day, the sun sets and we would like to have a fire. Where would we find fuel? Heat liberated from fuel is sunlight captured and stored by plants. Like our food, every bit of our fuel — wood, peat, coal, gas, oil — was once alive, so four billion years ago, there was none to be found. Even if we brought wood with us, heaped it on paper, then struck a match to light it — nothing would happen. In order to have a

flame, we need oxygen and before photosynthesis, there was no oxygen.

Now let's reconsider the question, who needs nature? We do — and in a most profound way. The web of all life on Earth, through mechanisms we are far from understanding, creates, cleanses and replenishes the air, water, soil and energy that we need to survive. We have never needed nature more than we do today.

To discuss this topic with others, visit the discussion forum at www.davidsuzuki.org

"The web of all life on Earth, through mechanisms we are far from understanding, creates, cleanses and replenishes the air, water, soil and energy that we need to survive."

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The Body's Largest, Most Versatile Organ

by Reg Block

The skin is your body's largest organ, functioning largely as a barrier against unwelcome agents. Without a healthy shell our bodies' propensity for holistic well being is severely compromised. Not only is the skin faced with attacks from unwanted micro organisms, pollutants and the sun, it must maintain integrity

by constantly repairing itself. This is accomplished through both internal and external influences involving various cellular actions. Ultimately, the skin may prove to be the best point of entry for medications and nutrition that otherwise must be absorbed by a less efficient digestive tract. Recent technology includes an assortment of pharmaceutical skin patches and transdermal nutrition delivery systems.

An Overview of How the Skin Works

The outermost layer of skin is called

the epidermis, from the Greek words, epi (top) and derma (skin). Like other layers of skin the epidermis is stratified, each layer possessing unique characteristics, functions and interactive abilities. The renewal of the epidermis is done by keratinocyte that makes up 85 percent of cells in the epidermis. It is keratin, a fibrous protein, which fills the cells as they migrate up through the strata, gradually flattening until their nucleus begins to fall apart. When this occurs an adhesive of ceramides, lipids, cholesterol and free saturated fatty acids is released binding cells together. This in effect helps the epidermis create a water insoluble, protective protein barrier in the horny layer or outermost layer of the skin. These keratin filled anucleate (nucleus free) flattened cells account for 95 percent of all protein in the epidermis.

Though biologically dead, corneocytes (anucleate cells), provide food for acid-adapted helper bacterium while other transient bacteria do not develop due to the unfavorable pH balance present. In the event that unwanted antigens penetrate the skin, the epidermis has a defence system in place called Langerhan cells, discovered in 1868 by Paul Langerhan. Langerhan cells, generated from bone marrow account for 2.5 percent of cells found in the Malpighian layer of the epidermis. These cells capture antigens and carry them off to lymph nodes in the dermis (the layer below the epidermis). It is here that an immune system response is triggered, neutralizing and eliminating the offending intruder. A process which occurs in cooperation, every square centimetre, with some 100 sweat glands, 2,500 sensory cells and three metres of lymphatic and blood capillaries, not to mention 12 metres of nerve fiber.

The dermis is up to 40 times thicker than the epidermis. It is a supporting tissue made mostly of water and collagen floating in glycoprotein. Because

the dermis is vascularized it can provide and transport nutrition to the epidermis and other parts of the body, playing a significant role in thermoregulation and healing. Additionally, resident nerves penetrating the epidermis generate senses of temperature, touch and pressure. The hypodermis, the thickest bottom-most layer of the skin, primarily stores fat in cells grouped in lobules and separated by connective tissue. At times the body translates these fats into energy, distributing them throughout the body by means of the circulatory system.

Transdermal Delivery Systems

Because of the skin's propensity for inter-layer cellular transference, absorption and venous distribution of active molecules and micronutrients, pharmaceutical companies and the American military are continuing to research and develop cutting edge transdermal delivery systems. Although pharmaceutical corporations are primarily concerned with drug delivery, the military is focused on nutrition. Recently, *Aerotech News and Reviews*, a journal of aerospace and defence industry, reported that the American military is actively engaged in the development of transdermal nutrient delivery systems. In a nutshell, Jim Gagamone, American Forces Press Services says, "the system would dispense micro-nutrients ... absorbed by osmosis through the skin." Army Soldier Center researchers in Natick, Massachusetts expect the new system could eventually be a part of every service member's kit. Gerald Darsch, joint project director for the DoD combat feeding program at Natick said, "the current developmental version is about the size of a conventional adhesive bandage and three times thicker. The idea is to keep the warfighter's cognitive and

Continued on page 12

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Physically Tweaked

by Cat Smiley, ISSA

With the world gone crazy around us, there's never been a better time to get out there and enjoy our health. Imagine the future: do you really think you'll be reminiscing to your grandchildren about the summer you were skinny? You'd likely remember the summer you fell in love with mountain biking, or the day you convinced your mom to go bungee jumping.

Okay, so we're not all adventurers. Yet I'm convinced a petition to make spandex illegal would fly through sociological acceptance, and help shift the focus in fitness off body image. To many, body fat rolling out of skin tight clothing is a small price to pay for squeezing into today's fashions — however, the more conservative, conscientious crowd similarly sport their self-confidence through the knowledge of sassy lifestyle choices.

The same thing goes with sports-related skill attainment, such as shooting basketball hoops or finally being able to face the right direction in step

class. People who exercise carry themselves with a zest, finding it easier to psyche themselves into the next workout. Many of the population underestimate the power that feeling confident has over our physical wellness.

Even skinny has a down side. With weight maintenance out of the equation, motivation for fitness wavers - until the first sign of cellulite, or the pathetic clambering up the five flights of stairs to the office when the elevator breaks down. It's crucial to realize that fitness is the blending of cardiovascular endurance (both aerobic and anaerobic), strength and muscular performance, flexibility and body composition. Regular training will empower you with the zing needed to superhero your personal world. The fitter you are, the more you'll find energy to take life by the horns - more fun than just being thin!

A normal heart pumps at around 70 beats per minute, yet a conditioned heart can beat as low as 45, reducing the amount of work it takes to transport oxygen around your body. Regular exercise will work the heart just like any other muscle; increasing the strength, efficiency and helping you perform

your best. You'll also reduce the risks of stroke, high blood pressure, heart disease and other life threatening diseases through exercising. And on top of all the benefits, you'll learn to love it! Getting hooked on exercise for reasons other than weight loss is a surefire path to long-term commitment.

Living with more energy will give you the pep needed to chase your goals and passions. Who wouldn't want to jump out of bed in the morning, eager for the day to get started - and still find the power to play soccer with their kids after a hard day's work? Initially you may find your appetite increase slightly through the extra energy expenditure, yet this will subside as your body regulates. Make sure you eat balanced small meals throughout the day to keep your batteries charged, and don't miss meals — even if you're not hungry. Skipping meals can send you spiralling down hunger valley later in the day, causing you to overeat and then you'll feel too lethargic to do anything.

Keep track of your weight by occasional weighing at the doctor's office, yet pay more attention to your lifestyle patterns and how you feel. Find a sport

that works on the skill factor (such as tennis, golf or dance) so you concern yourself with improving your abilities rather than losing weight. Take a close look at your monthly expenditures - could your entertainment, restaurants, clothing and general shopping be re-evaluated to include the budget for

sports lessons? Becoming enthusiastic about an actual sport takes much less motivation to participate in than dragging yourself to exercise because you feel you have to. Gyms also are excellent motivation if you choose the right one and are able to find classes or facilities that work for you.

Look outside the exercise box and you'll find a world of stress relief and health benefits that could save your life, all packaged into one little word: fitness. Exercise is like food - tasting a little of many activities can help you create the perfect activity menu, turning daily movement into a treat rather than a chore.

As for me? I'm proud of my physique, but you'll likely find me sporting a baggy tee shirt learning skateboarding tricks, rather than sucking in my abs as I strut the boardwalk.

Cat Smiley is a pro-athlete and award winning personal trainer, available for training at Fitness World (N. Vancouver), your home, the beach and in Whistler. She is the fitness host of Physically Tweaked on fitnesseducation.com. Contact 1-604-902-0698, www.catsmiley.com

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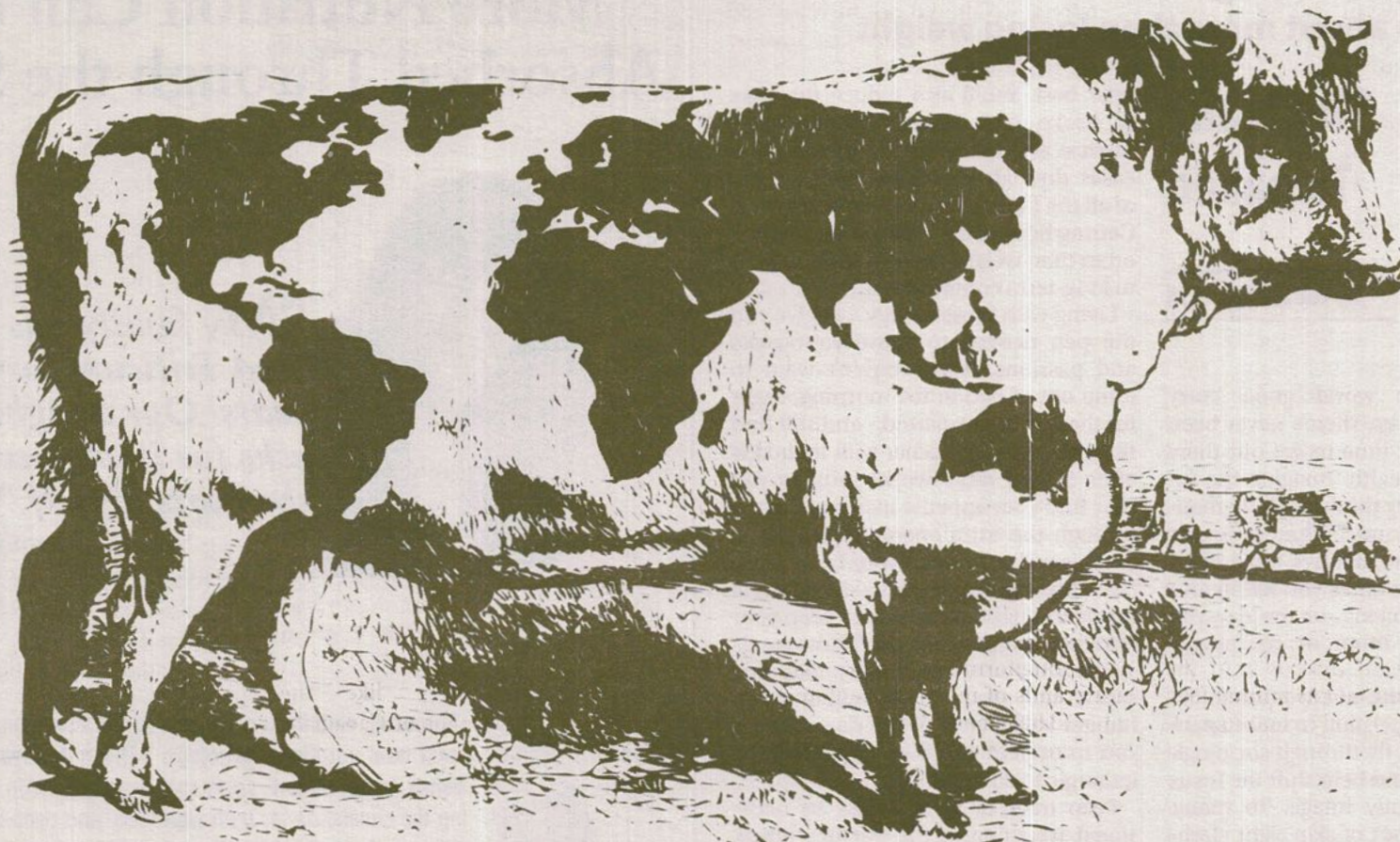
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See the Resource Directory
Health and Healing Section, Page 24



Geoff Olson illustration: Mapping the extent of the mad cow problem.

It's a Mad Mad Cow World

You are what you eat

by A. B. Hansen

Among both consumers and farmers, there is confusion and trepidation because of mad cow, Creutzfeldt Jacob and other brain wasting diseases.

While more readers of this magazine are likely to be vegetarians than the average population, in fact many of us still eat meat, dairy products and eggs. Unfortunately, it is difficult for anyone to get accurate information on food safety when it concerns mad cow or related diseases.

Transmissible spongiform encephalopathies (TSEs) are believed to be caused by a mutated version of a normal protein found in animals. The best known of these is BSE or the bovine form of TSE, which infected about 2 million cattle, caused the collapse of the British beef industry and has killed 160 people so far. TSEs destroy the brain turning it into a sponge-like structure.

The Canadian government says that there is only a small risk of getting new variant Creutzfeldt Jacob disease (nvCJD) from eating beef. This in spite of the fact that Canada has yet to implement any of the recommendations the World Health Organization (WHO) made in 1996 to prevent the spread of BSE.

Many scientists suspect that it was sheep scrapie in Great Britain that

jumped species and infected cattle. While BSE may have originated in cattle rather than sheep, it was the practice of feeding rendered cattle to cattle that caused the epidemic. Hundreds of BSE infected cattle are still found every year in Europe. The BSE cow from Alberta, which closed the border to Canadian beef exports, was found purely by accident. The Canadian Food Inspection Agency (CFIA) still only requires spot checks even on sick animals, contrary to WHO recommendations.

Claude Lavigne of the CFIA told *Common Ground* June 13 that the government is reviewing its policies and procedures regarding BSE. He would not comment on the need for implementing the 1996 WHO recommendations.

Other livestock, wild game and pets are getting TSEs. In 1979 in New York State, pigs caught a BSE-like disease and the US Department of Agriculture was blamed for a cover-up where brain tissue disappeared rather than being sent to a British laboratory as ordered by inspectors.

Unlike here, European pigs are not fed cow parts because laboratory testing shows that pigs injected with BSE come down with TSE. Research on chickens and TSE is incomplete. Poultry do not get TSE but could be carriers. As well, poultry bedding, feathers, spilled feed and manure is processed and fed to other livestock including cattle, making it another route for BSE to get back into cattle. Very little is known about any pos-

sible TSE transmission through eggs or dairy products.

Chronic wasting disease (CWD) in deer and elk can probably be transmitted to cattle and vice versa. News editor Philip Yam of *Scientific American* says that it is possible deer and elk infected with CWD can transmit it to cattle. Studies to prove a link are incomplete. In Europe CWD has now entered reindeer herds, which means caribou in North America are also vulnerable. Dozens of other species, mostly zoo animals, have come down with TSE from infected feed.

In Canada CWD came into the country with both farmed deer from the US and infected wild deer. In areas with CWD, hunters are warned not to eat venison from possibly sick animals or even specific parts of healthy animals like cuts of meat from near the spine. Numerous cases of CJD are now showing up among hunters who ate infected deer or elk. CWD was identified in North America more than 40 years ago in Colorado.

Even organic farms are not totally safe from TSE which has been found to survive in the soil for 15 years. If any bone meal has been used for fertilizer at any previous time or infected animals have been pastured, there is a risk.

The economic implications for farming are huge. The Canadian beef industry alone is worth \$30 billion per year. Many farmers stand to lose everything if the import ban on beef continues in

"Canada has yet to implement any of the recommendations the World Health Organization (WHO) made in 1996 to prevent the spread of BSE."

most of our markets like the US, Japan and much of Europe. If the farmers go out of business it will be because the federal government is primarily interested in a quick reopening of the US border to beef. It is not interested in protecting consumers and farmers through careful scientific testing of all TSE vulnerable livestock.

Federal agricultural officials continue to assure the public that our food supply is not in danger. Easy to say, but not so simple to do because of the nature of a rogue prion which has the potential to cause an epidemic. The only practical way to kill it is by incineration. TSEs are biomagnified in both the food supply system and in nature. All infected animals have to be isolated, killed and incinerated.

Agriculture Minister Lyle Vanclief said the Alberta cow confirmed with mad cow disease did not enter the food chain. How then does he explain the three BC beef herds which had to be slaughtered and brain tested? Looks like he only meant directly into the human food chain, not as animal feed made from the BSE cow. As of June 11, all rendered products from the infected Alberta cow had yet to be found.

Why the secrecy? There were lots of British cows AWOL in North America, imported during the dangerous part of the British outbreak. In the US alone, more than 30 of the 500 animals imported are missing and were being

sought for years by the various agriculture departments. Whether they entered the human food supply directly or were rendered, these British cattle could well be the source of obscure TSE outbreaks like the 1986 Wisconsin mink farm disaster where more than 4,000 animals died of TSE. Research by Dr. Richard Marsh of the University of Wisconsin concluded the smoking gun was likely a BSE cow. He and other researchers took mink

brain tissue and injected it into cows and the cows came down with BSE, proving a link between disease in the two unrelated mammals and the TSE they harbored.

In the late 1980s and early 1990s, Marsh faced harassment and threats of lawsuits from the meat industry in response to his warnings about the need to end the practice of feeding rendered cows back to cows. Today, those warnings have been vindicated, but neither the USDA nor the meat industry have shown any willingness to accept his conclusions that TSE is present in the US cattle population.

Are Vanclief and his department acting responsibly by continuing to allow poultry feed and pig feed to be made from livestock not tested for TSE? Where and how the original Alberta cow identified with mad cow disease was infected is still unknown. As of June 11 almost 2,800 cattle from west-

ern Canada had been killed to test for BSE. Since the incubation time for BSE is so long, we should not be reassured that testing animals which just recently came into contact with contaminated feed were infection free.

The only responsible thing for Ottawa to do now is to call an immediate halt to all feeding of animals to animals and test all meat animals for TSE. Vancouver Sun columnist Stephen Hume called for a complete ban on feeding animals to animals in May, but in June when a Health Canada scientist wrote an internal memo taking the same position, he was suspended for two weeks and fined three months wages. Vanclief said stopping the feeding of ruminants to ruminants in Canada is sufficient protection. He fails to acknowledge that there is no way to prevent cross contamination of feed at mills, on farms or through waste recycling.

Both mink and cats get TSE from contaminated feed. House cats and cats in zoos around the world are catching feline spongiform encephalopathy. Several brands of mad cow contaminated cat food have been recalled.

If there is a coverup in North America as happened in Britain, more infected cattle could be turned into meal and through biomagnification infect many more cattle, kicking off a food supply disaster. In the European Union all "downer" or immobile cattle and cattle to be slaughtered and which are more than 30 months of age must be inspected for BSE. Here, officials still think we can get away with spot checks apart from downer cattle. In fact, according to the Alberta agriculture minister, it was a one in 10,000 spot check that found the sick Alberta cow.

The prion, a bundle of protein crystal capable of reproducing, is thought to cause all the variations of TSE. It mutates much like a virus, but unlike a virus withstands very high temperatures. The most important thing is that it is extremely resilient. Nothing short of burning is practical for killing it since sterilizing at 800 degrees Celsius is too expensive. Incubation times in cows and humans is between six and 14 years but only a few months in mink.

There are at least three other TSEs found in humans and dozens more among other animals. Kuru, formerly common in parts of New Guinea, is a TSE which was found among tribes that practised ritual cannibalism. TSE can also occur if a normal prion mutates and becomes a so-called rogue prion or through being passed from parent to offspring.

There are more questions than answers on prion-caused brain wasting diseases.

See also Your Food Choices May Need a Change on page 30. Check the Common Ground website for further information and links. www.commonground.ca

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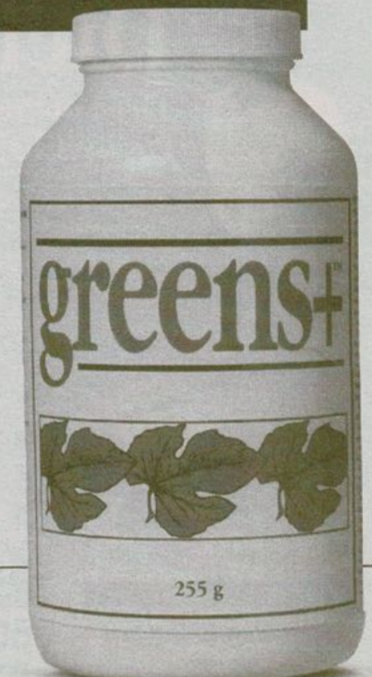
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Hilton Vancouver Metrotown Hotel, 6083 McKay, Burnaby

7:30 PM **HINDI/PUNJABI PUBLIC TALK** with English commentary
Bell Performing Arts Centre, 6250 144th Street, Surrey, BC

Aug. 31: 2:00 PM **SPIRITUAL DISCOURSE** followed by **INITIATION** opportunity
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Skin Continued from page 8

physical performance sharpened at the optimal level ...firefighters, police and mountain rescue people could all benefit from this concept."

Pharmaceutical application of transdermal delivery systems includes items like nicotine patch medications that otherwise would be largely ineffective, possibly producing bowel intolerance if ingested. In the case of nutrition uptake, most people's bowels are low functioning due to pollutants, chemicals and overuse of antibiotics that destroy friendly bacteria inhibiting the absorption of micronutrients. Furthermore, allergic reactions and deleterious dietary choices in concert with nutritionally bankrupt food only serve to foster further development of transdermal delivery systems. Both pharmaceutical and natural health manufacturers recognize the immediacy of using the skin as an access to the circulatory system regardless of bowel condition or other health problems.

Healing and Repairing

The body is designed to heal itself. All we can do, is create circumstances by which the body's own mechanisms can work more efficiently and quickly. This may be facilitated through the use of sophisticated pharmaceutical medications, providing necessary nutrition to damaged areas or a combination of both. Because we live in a drive-through-culture, we expect fast results. Technology struggles to keep up with our needs let alone our demands. However, with scientific progress we build on the past and look for ways to improve what we know, hopefully leading to more efficient and cost effective use of resources. Huge pharmaceutical budgets are currently being dedicated to transdermal delivery research in the hope of developing more widely accessible and affordable products that benefit the greatest number of people. The same principle is giving rise to crossover medical technologies that acknowledge the vital role of nutrition in health and healing. There is a definite demand for true complimentary medicine. Perhaps transdermal delivery research will provide the means to join the best of both worlds.

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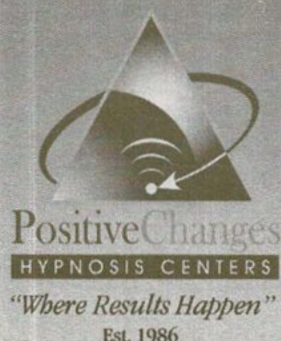
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Doing Yoga While Travelling or Holidaying



Kareen's Yoga

by Karen Zebroff

Yes, dear traveller, there is a difference. One is the stressful process of travel and the other is a relaxing constant with yoga. Imagine the following scenarios.

Golden fingers of sunlight painting hill and dale with bold strokes of pink and lavender as you "salute the sun" in 12 sensuous undulating movements that express your feelings of unity with nature and profound gratitude for this illuminating moment. That's holidaying.

Cramped positions in narrow economy class seats. Their edges knifing into thighs and cutting off circulation, hips being bruised by inflexible arm rests, calves cramping, feet and arms falling asleep, screaming muscles in neck and shoulder preventing little cat naps, while cold blasts of germ-ridden, recycled air are assaulting the ears and sailing into the lungs unimpeded. That's travel.

The frustration of it, the boredom and the fear of coughing people spreading SARS or other dreaded bacteria and viruses are all around you. Just as worrying, however, should be the threat of deep vein thrombosis (DVT), or blood clot in the lungs, which can kill anyone of any age within two weeks.

Dr. W. Spangehl, in his highly informative foreword to my yoga book, *How to Prevent DVT While Travelling* (in German only so far), explains that blood clots are more likely to occur in smokers; women who take birth control pills or who have just given birth; anyone who has recently had an operation; and those who have been bedridden, or inactive, for several weeks.

He recommends a low-dose aspirin (unless allergic), adequate water intake before the flight, plenty of bottled water during it and abstention from alcohol, coffee or colas as these act as diuretics that are dehydrating. A thick, sluggish blood flow facilitates the formation of blood clots and it is wise to watch out for such dehydration symptoms as itchy eyes, dry skin / lips / throat and too little, deep-yellow urine. Consult a doctor before any long trip (in a plane, car, bus or train), if you are a smoker, considerably overweight, or older than 65; if you have a genetic history of embolism or blood-clots; if you have leg pain or swelling, prominent and/or painful varicose veins, diabetes, high blood pressure, or a history of stroke; and, if you have lately experienced any shortness of breath, coughing, or chest discomfort.

For preventative purposes, the good doctor advises the intake of vitamin E, ginkgo biloba, flaxseed oil and ginger, as well as the use of preventative homeopathic remedies such as apis mellifica, vipera kali muriaticum, natrum sulphuricum, rhus toxicodendrum, or argentum nitricum (for flight phobia, stomach cramps or diarrhea).

During travel, he recommends doing yoga poses for better circulation, yoga breaths for lowering blood pressure and the heart rate, and yoga meditation for calming the mind. Be creative by adapting regular yoga poses into partially isometric ones. Use your seat to do back and head presses, pretend stand ups, twisting, or walking in place.

It is an absolute imperative, however, that you practise some sort of calf pump action every hour and intensely stretch and flex the legs often, but never cross them.

Effective yoga poses in your seat include ankle bends, toe stretches, aswini mudra, sitting chest expander, camel (kneeling in front of your seat), sitting side stretch, mountain, arm lift, modified neck rolls, eye exercises, shoulder shrugs, finger exercises, the blade, posture clasp, sitting abdominal lift, sitting sponge and the alternate nostril breath for relaxation.

Other well-researched recommendations include getting up frequently to walk up and down the aisle; "pretend walking" while standing about; loose, natural clothing without tight belts or waistbands; one size larger than normal shoes for swelling feet; support hose or men's supportive knee socks from medical supply stores; facemasks; moistening the inside of the nose with olive, flax or jojoba oil to prevent the formation of small fissures through which bacteria can enter; splashing the face with rose water instead of the hot facecloths that may contain more germs than they remove; using a neck support cushion; pre-ordering healthy food such as vegetarian or kosher and, immediately contacting flight-personnel if experiencing sharp pains in the calves, or upon exhalation.

Before, during and after a flight, use melatonin or homeopathic remedies against jet lag, keep up the high fluid intake for at least another day after arrival, and make a point of consciously practising yoga deep breathing in pure air for several more days. Then enjoy your holiday in sunny places where beguiling flower fragrances waft through the morning air, blissful birds exalt with enchanting melodies, tiny hummingbirds hover mid-air as they dip into enfolding blooms, refreshing breezes caress the skin like a velvet glove and voluptuous fruit drips its exotic elixir into your parched, waiting mouth. Sorry, just meditating.

Find author, lecturer and yogini Kareen at www.kareenzebroff.com

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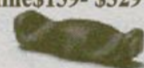
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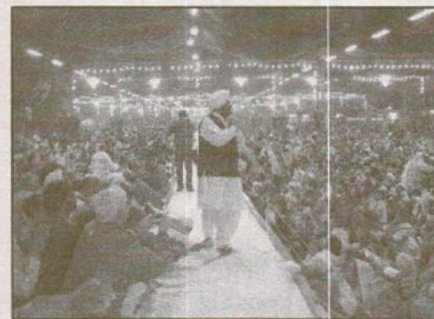
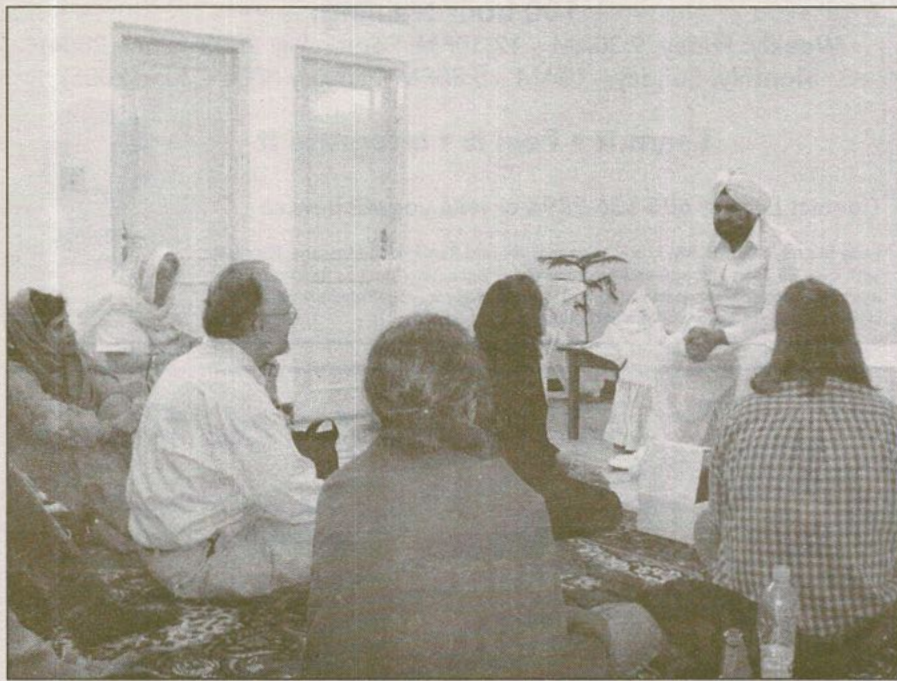
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"When we get the call of awakening, something familiar resonates in us. We feel like something that we have forgotten for a long time is suddenly recalled. This call may reach us in many ways. We may read something in a book about God and the soul and suddenly tears may spring to our eyes. It is like we suddenly remembered our true Home. Maybe we are listening to music and the sound of a flute, or a violin or a harp may move us to tears. There are certain sounds that may remind us of a much higher music we once heard. We may meet someone who is in tune with God, and suddenly we find in his eye something very familiar. We may feel a great peace and solace in his presence. Our soul may suddenly recognize someone who is in tune with his or her soul and with God and leap for joy. The heart feels like it starts to soar like a bird. It is not actually a happiness of the heart, but of the soul. The soul is joy and ecstasy. When we tap into the soul, our whole being, our mind and body will be affected with its joy and bliss.

"When we awaken to the fact that we have a higher purpose to this life, and we start searching for what it is, God hears our cry. God has been waiting for eons for us to awaken. The moment we turn our eyes towards the Lord, God comes to our help. God puts us in touch with someone who can show us the way back to our heavenly abode. God is the one who leads us to the person or place where we can find out how to hear and see the Lord. If God tried to communicate to us directly through spirit, we may discount those whisperings because our modern scientific mind only accepts what we can see and hear with our outer

eyes and ears. Thus, the Lord has to elevate us to God's level of spirit so we can communicate with God directly. On our own, few of us can do that. We need to be taught how. We need someone who knows the way Home and can show us the technique.

"It is interesting that we do not have any problem with finding a teacher when it comes to the education of our mind. Nowadays, people are finding teachers, coaches, or mentors for their physical development. We have sports coaches, diet coaches, personal trainers and mentors for the development of the body. But when we talk about having a spiritual mentor, people suddenly shy away from it. True, there are many people who cannot show us the way and who try to dupe others. These few people give a bad name to the rest of the people who are sincere and competent teachers.

"If we find that we do not know the way to God on our own, then we may want to seriously consider finding a teacher who does. In the East, there is a long tradition of going to a guru or teacher. It is an acceptable part of the culture. We can make sure we have found a true teacher by testing him out and seeing for ourselves. If we get the spiritual experience and find that we get results from the technique, we know the teacher has some competency. No third party can convince us. We must try the technique for ourselves. A true spiritual Master will even tell you, 'Do not even believe the words of your Master or teacher until you see for yourself.'

"What will a spiritual mentor give you? He will put you in touch with the Music of God. There is an inner divine Music playing within us all the time. We are

deaf to it because no one has shown us the way to listen to it. A Master who has been in tune with the Music can tune us into the right channel. He can teach us how to hear the song of God playing sweetly within us.

"What is this Music? Read any scripture of any religion and you will find references to this inner Music. When God decided to bring creation into being, this thought emanated as two principles: Light and Sound. There is a Current of divine Light and Music that was the cause of all creation. This Current flows out from God and also returns to the Lord. We can contact this stream of Light and Sound within us through meditation.

"A true Master will teach us how to meditate and give us a spiritual boost so we can see and hear the Light and Sound within us. It is already within us, but we need a catalyst or a teacher to help us to see and hear it. That is one of the roles of having a spiritual teacher. If we can do so on our own, well and good, but most people cannot find it themselves. Even if they find it, they do not know how to proceed further on it back to God.

"A teacher can put us in touch with the Light and Sound of God, and can also guide us on the journey of reuniting our soul with God. A spiritual teacher can help connect us with Naam. When we are able to attend a satsang, he awakens our soul from its slumber. In India, the benefits of going to satsang are recognized as a way to purify our soul and free it from the shackles of mind, matter, and illusion."

Excerpted from a talk given by Sant Rajinder Singh in Sat Sandesh Magazine, March 2003 Vol. 6 No. 3

Clockwise from top left: Heart to heart meeting with disciples; Blessing an audience of 70,000 (Feb. 6, 2003, Delhi, India); Preparing chapatis in the Langer, or free kitchen; Here, master blesses each one individually; Giving Satsang.



Creation: A Reflection of God's Glory

Christian Community

by Reg Block

Responsible conservation and respect for nature is a Christian duty. The old and new testaments, the patriarchs, the church fathers and sainted expositors remind us of the stewardship bestowed upon all inhabitants of Earth. Despite this, it is apparent the torch is more boldly carried by those outside the faith.

From a Christian perspective, the whole of creation is held together because God wills it. Saint Augustine states, "the world began when God's word drew it out of nothingness; all existent beings, all of nature and all human history are rooted in this primordial event, the very genesis by which the world was constituted and time begun."

God established order within the hierarchy of living things giving mankind the responsibility to care for the Earth and everything in it. Early in Genesis we are told that creation was good. God was pleased with it. However, there was trouble in paradise resulting in Adam and Eve's expulsion from the garden lest they ate from the tree of life and lived forever in an eternally fallen condition. Despite their ejection from the garden, Adam and Eve retained elements of a God-breathed nature, albeit tainted by self-willed separation from the Creator.

Although mankind, embarking on a perilous journey, forfeited access to the tree of life, God would make provisions for an eventual end to the curse. We see that clearly demonstrated in Revelation 22, where

the tree of life is re-introduced for the healing of the nations. Jesus identifies himself with that tree numerous times in the New Testament, referring to himself as the way, the truth, the life and the tree. He offers all people provisional access to the tree through his life, suffering, death and resurrection.

A new age is coming, but it's not here yet. The whole earth is still groaning with birth-pains. And we, the inhabitants, face greater and greater challenges as passing time diminishes the image of our primordial ordained occupation. Even though we are promised eventual restoration, it in no way negates our responsibility to honor the Creator. Page 88, Catechism of the Catholic Church profoundly says, "Each creature possesses its particular goodness and perfection. By the very nature of creation, material being is

endowed with its own stability, truth and excellence, its own order and laws. Each of the various creatures, willed in its own being, reflects in its own way a ray of God's infinite wisdom and goodness. Man must therefore respect the particular goodness of every creature, to avoid any disordered use of things which would be in contempt of the Creator and would bring disastrous consequences for human beings and their environment. Creatures exist only in dependence on each other, to complete each other, in the service of each other."

Saint Francis of Assisi in his Canticle of Creatures writes: "May you be praised, O Lord, in all your creatures, especially brother sun, by whom you give us light for the day; he is beautiful, radiating great splendor, and offering us a symbol of you, the Most High...May you be praised, my Lord, for sister water, who is very useful and humble, precious and chaste...May you be praised, my Lord, for sister earth, our mother, who bears and feeds us, and produces the variety of fruits and dappled flowers and grasses...Praise and bless my Lord, give thanks and serve him in all humility."¹

As Christians, we are ever reminded that the Tree of Life proceeds from God. "It reflects His infinite beauty and ought to inspire the respect and submission of our intellect and will."² Saint Francis helps us to understand that creation mirrors the glory of God,

it sustains us like family. The psalmist says, "the heavens declare the glory of God; and the firmament shows his handiwork."³

This month's Common Ground cover depicts the tree of life - a concept that can mean anything from literally worshipping nature to

merely honoring it as the work of a great and holy Creator. How is it then as North Americans, declared mostly Christian, that we are among the most wasteful pollution-contributors on planet Earth?

From Moses to Jesus we are reminded that our faith is demonstrated in numerous ways including respect for the gift of creation. I would encourage everyone to examine the biblical perspective on the effects of contravening natural laws and balances. Although our hope should not be on earthly things, we still have to live here and our children hereafter.

1. *Catechism of the Catholic Church, Second Edition*

2. *Catechism of the Catholic Church, Second Edition*

3. *Psalms 19:1, KJV*

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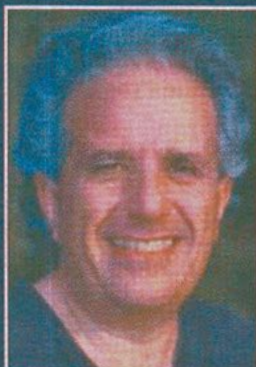
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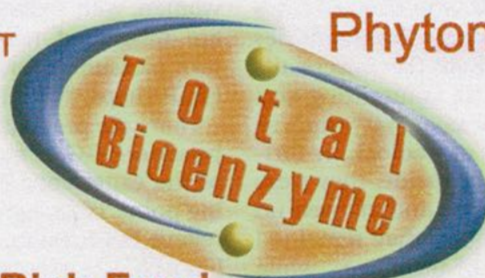
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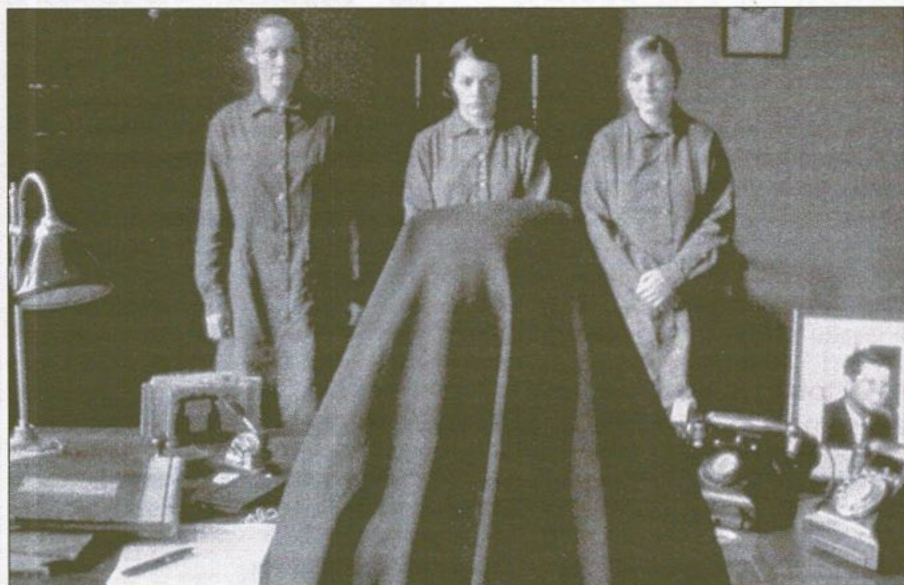


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ARTS & CULTURE



The Magdalene Sisters

Films Worth Watching

by Robert Alstead

The Magdalene Sisters

Reviewed by The Wolf
Release date: 18 July

Girls with a convent education tell shocking stories about how bitchy and petty minded the nuns were. Protestant boys, who might have suffered from a master's favoritism, nod sympathetically. What they don't appreciate is the power the Catholic church had over the psychological and moral well being of entire generations, especially in a country like Ireland.

It used to be de rigueur in Britain for the sons of a certain class to go to boarding school at seven years old, where institutionalized bullying and corporal punishment were an accepted part of the make-a-man-of-'em philosophy. Parents, especially fathers, condoned this, believing, in

some dysfunctional way, that cruelty was character building.

The tradition of the Magdalene laundries in Ireland was also condoned by the parents of girls who showed signs of sexual independence. The laundries were convents, where the miscreants were banished after committing sins of the flesh, real or imaginary, such as having a baby out of wedlock, or flirting with boys. Once inside, they were treated as slave labor and allowed no privileges. Sometimes, they remained there for the rest of their lives, while the church benefited financially and the word of the Lord prevailed.

Peter Mullan's film follows the experience of three girls in the mid-sixties, who are virtually kidnapped, with parental approval, and removed by force to one of these places, where the mother superior (Geraldine McEwan) issues a firm decree at the outset: "Disobedience will not be tolerated." The popular belief amongst local lads is that the inmates at the Magdalene are whores and trollops.

Margaret (Annie-Marie Duff) is

raped by her cousin during a wedding party and the shame on the family is such that she is whisked off by the morality police, without explanation or possibility of appeal. Rose (Dorothy Duffy) lies in a bed at the maternity wing when her father and a priest arrive. "Did you see the baby, Da?" she pleads. "He's beautiful." She is ignored. The priest insists that she sign adoption papers, after which the child is taken immediately and she finds herself in the convent dormitory, weeping from the pain of unexpressed milk. Bernadette (Nora-Jane Noone) has dancing eyes and a wicked smile. "I know a little temptress when I see one," her teacher spits. She teases the boys, leaning on the railings around the playground, because it's fun and she doesn't care. Although a virgin, she is escorted to the Magdalene as a precautionary measure, to keep her out of trouble.

Mullan's approach is unsentimental. The humiliation and emotional deprivation suffered by the girls makes everyone else's horror school stories pale into insignificance. The nuns are not evil women, with sadistic tendencies. They are misguided religious guards, who take pleasure tormenting their prisoners. Perhaps, that is the same thing.

There are precious few laughs in this prisoner-of-God movie. The intensity of the experience builds up to bursting point. Little incidents of humanity relieve the tension, as when Margaret has a chance of escape, only to find the outside world more scary than what she knows, or when Bernadette promises the van driver's assistant carnal favors in exchange for the key to the door: "I'll commit any sin, mortal or otherwise, to get out of here."

The performances have a raw naiveté that cuts clean to the truth. Noone's ability to radiate sexual frivolity and ruthless determination in the same breath is impressive, while Eileen Walsh's depiction of a girl driven mad by God's indifference stands out amongst a plethora of fine acting.

Movie Round-up

by Robert Alstead

Set in a Maori fishing village in New Zealand, *Whale Rider* follows a plucky 11-year-old girl, Pai, who finds herself crossing her loving, but stern grandfather, Koro. As tribal chief, he is set on finding a boy to continue his lineage, to lead his people "out of the darkness," and he doesn't like it when a girl starts meddling with "the old ways." Director Niki Caro's deft handling of the theme of Pai's mystical connection with whales and a strong Maori ensemble ensures that this is both a convincing and evocative tale.

Grand Canyon: The Hidden Secrets was made in 1984, but is back again "by popular demand." It focuses on the human relationship with this famous 270-mile-long gash in the earth, recreating scenes of the first inhabitants of the canyon and retelling the story of the first pioneers who "discovered" it. The tone is a little hokey, often a problem with IMAX movies, but the visuals are breathtaking. There are some impressive white water rafting sequences and wonderful shots that swoop over the ridges of rock faces and fly along the riverbeds in the depths of the canyon itself. It's at the IMAX until Sept 4.

If you haven't seen it yet, go see *Winged Migration*. This beautifully shot documentary captures the drama and endurance of different species of birds as they make their epic annual migrations from one end of the Earth to the other. The cinematographers used all types of ingenious techniques to give us a truly bird's eye view of these fantastic journeys.

Finally, the Vancouver International Film Festival recently announced a sponsorship deal with VanCity to support the development of the 183-seat Vancouver International Film Centre at 1181 Seymour Street. The three-story, 14,000 sq. ft. venue is due to be completed by fall 2004.

Reviews provided by iofilm.com

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Photos courtesy of Sunshine Coast Festival of the Written Arts

Canada's Longest Running Writer's Festival

compiled by Nick Walker

Located in Sechelt near the edge of the sea, you'll find plenty to do at this summer's twenty first annual Sunshine Coast Festival of the Written Arts. Canada's longest running summer gathering of Canadian writers and readers, the festival features established literary stars and exciting new voices.

The festival provides an opportunity for writers and readers to mingle amidst Rockwood Centre's heritage gardens in Sechelt. There are many cafes and restaurants, gift shops and services available. A visit to the summer craft fair just around the corner from the festival is a must.

At this year's festival, which runs from August 7 through 10, 22 writers will be giving presentations on their work. Following is a list of the talks for which tickets were still available at press time. For a complete list of writers and for more details, check the website at www.writersfestival.ca or call 604-885-9631, toll free, 1-800-565-9631.

P.K. Page

BC Bookworld calls Page "one of Canada's most prolific and celebrated writers." Her publications include a Governor General's Award winning poetry collection, *The Metal and the Flower* (McClelland & Stewart, 1954). The title poem from Page's latest book, *Planet Earth: Poems Selected and New* (Porcupine's Quill, 2002), was read atop Mt. Everest, at Antarctica's Casey Station and at space station Alpha, as part of the United Nations' Year of Dialogue Among Civilizations celebrations.

Dennis Bock

Bock's novel, *The Ash Garden* (Harper Collins, 2001, Knopf, 2002), on *The Globe and Mail's* bestseller list for four months, dares to ask those big questions

for which there are no ready answers. "From its achingly sad opening to its haunting conclusion," writes Barbara Love in the *Library Journal*, "this riveting novel explores the moral ambiguities of war while illuminating a shameful moment in our collective history."

David Bouchard

The author of 17 books, Bouchard is also a popular motivational speaker on literacy. Saskatchewan-born Bouchard brings poetry and art into children's lives through his writing and collaborations. Bouchard's list of awards includes the Lee Bennett Hopkins Poetry Award for *Voices From the Wild* (Raincoast, 1996) and the Red Cedar Award for *The Great Race* (Raincoast, 1997).

Chris Czajkowski

Czajkowski brings the mountains to her readers. Since 1980 she has published six books about her pioneering adventures in British Columbia's coast mountains. Her latest edition of *Cabin at Singing River* (Raincoast, 2002) is described in *The Globe and Mail* as, "A celebration of the natural world and a story of perseverance, independence, courage and imagination."

Marq de Villiers

De Villiers began as a reporter for the *Toronto Telegram* and editor for *Reuters* in London. He spent two years as a Moscow correspondent, was a contributing editor for *Weekend Magazine* in Montreal and publisher of *Toronto Life Magazine*. De Villiers' research has taken him from the deserts of Africa to the Volga River in Russia, from ancient empires to modern tribal groups.

Bill Gaston

Gaston, as described by Giller jury members, is "a writer of great empathy." His *Bella Combe Journal* (Cormorant, 1996), was short-listed for the Seal Books First Novel Award and his last novel, *The Good Buddy* (Cormorant, 2000), received criti-

Continued on page 28

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On Track Zodiac

by Ilona Hedi Granik



ARIES (March 21 - April 19) — Have you run out of steam in the matters of direction? Your shoes will squeak with a new spark if you get moving. Let the old paths fade in the distance. Turn your luck into trust and move, it's a good thing you still have an original idea here and there. Master your money and master yourself.



TAURUS (April 20 - May 21) — Time to climb out of "uncomfortable" and into reliable ways of conduct. At least for now, as the tides of change are turning. Climb back into the parts of yourself that serve you on a practical level. Take big steps forward now, as one foot follows the other, the change is highly beneficial.



GEMINI (May 22 - June 20) — Tender is the breeze, loud is the thunder. You walk with pride and certainty. These are days for basking in the light. Journey to unknown places and feel the calm of trusting what comes.



CANCER (June 21 - July 23) — Repair your life, your car, your home. The body will sing if you let it roll down that hill. People arrive when you actually invite them in. Social activity is high and mighty is your presence. Speaking of presents, buy yourself a nice gift. You deserve it!



LEO (July 24 - Aug 23) — Workshop the best way to remove your mask. Be among those who call you on your game. It's the best way to get to the heart of who you are. Dropping the unnecessary and embracing your "inner" life. Time for new glasses as you get clearer and shine on!



VIRGO (Aug 24 - Sept 23) — Roll the dice, play bingo, get on those skates. A sitting duck gathers moss. It's high time you played that guitar or whatever it is that lights your fire. Creativity will astound you as you marvel in your uniqueness. Splash your face or cut your hair, as long as you get involved with life! You will benefit from the new associations waiting in the wings.



LIBRA (Sept 24 - Oct 23) — Stretch out your arms as far as you can. Even this isn't close to your capacity to embrace the love that is coming. Play your part and blend, stay in the centre of your note. Focused and flexible as you move with the music around you. New associations giving you a fresh new outlook.



SCORPIO (Oct 24 - Nov 22) — The small moves look minuscule but really you are taking big steps into your personifying your life. Your touch of grace and style are apparent. Buy now and enjoy the fruits of your labour.



SAGITTARIUS (Nov 22 - Dec 21) — You get your chance to shine in communication. You could advance in your mode. The news that you have waited for arrives with a bonus! So much to do and yes you have time, while you enjoy these days of magnificence.



CAPRICORN (Dec 22 - Jan 20) — As you feel the grains of sand run through your hand, you recognize the way life moves thru you. All things are transient. Hold on to nothing and remember your honesty as you rekindle sparks of your truth. In your willingness to give so shall you conquer.



AQUARIUS (Jan 21 - Feb 19) — You are the peace maker and you will be called upon. Called by your own inner convictions to set the story straight. Mostly you work in mysterious ways. Inner movements shake the folly and create reality.



PISCES (Feb 20 - March 20) — Judge not if you like to feel good about yourself. All the self criticisms will stop if you allow for understanding. With you it takes will power to rise above the stuff of your mind. These are just lazy habits. You truly are the only one who knows the blessing that is your smile. Light up the path that is your sweet heart in travel.

Ilona Hedi Granik is a clairvoyant consultant and author with 29 years of experience in astrology, multi-media art and the healing arena.
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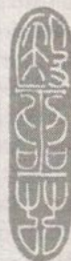
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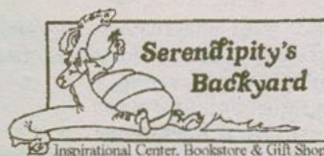
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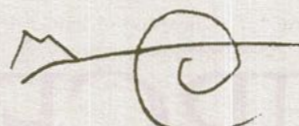
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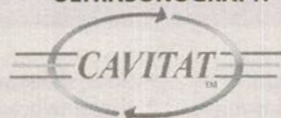
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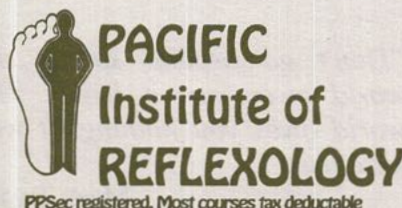
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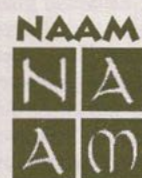
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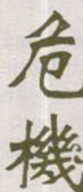
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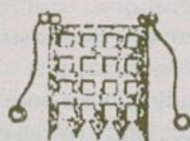
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Charles Dickens, *American Notes*

Written Festival Continued from page 19

cal acclaim in both Canada and the US. "Poignant and bittersweet," said a Denver Post review, "... a testament to his skill as a storyteller."

Genni Gunn

Gunn's critically acclaimed short story collection, *Hungers* (Raincoast Books, 2002), is described by the Vancouver magazine, *Uptown*, as an example of "craftsmanship and control." The book is just one of Gunn's many literary successes which began with winning the 1984 Bankson Long Fiction Award for her first novel, *Scissors* (Microform,

UBC Press).

Aislinn Hunter

Hunter is receiving high praise for her first novel, *Stay* (Polestar, 2002). *The Globe and Mail* reviewer Michelle Berry writes, "For all the complexity in Hunter's rich book - the compounding of character, narrative, history and arching, multi-layered plot - there is also a certain quietness and simplicity to the prose, a minute attention to detail and an elegance in the natural dialogue."

Almeda Glenn Miller

"First-time novelist Almeda Glenn Miller

favors the sweep of the big screen, moving from panoramic views to detailed, close-up shots," writes *Quill & Quire* in a review of *Tiger Dreams* (Raincoast Books, 2002). Drawing on the history of her grandmother, whose husband was once Gandhi's jailer, Miller spins Claire's story of coping with a life-threatening disease.

Lisa Moore

Newfoundland writer Lisa Moore focuses on heartbreak and survival in *Open* (Anansi, 2002). Nominated for the 2002 Giller Prize, the book was praised by *Quill & Quire* as "An accomplished, polished collection. . . Over and over Moore expands the universe, then

shrinks it back to a beat of individual consciousness ...she has mastered the short story."

Gloria Sawai

Sawai's first book, *A Song for Nettie Johnson*, won the 2002 Governor General's Award for Fiction, the Danuta Gleed Award, The City of Edmonton Book Award and two Writers Guild of Alberta awards. Curtis Gillespie in *Sunday* writes that Sawai's "understated realistic technique, coupled with her hugely empathetic sensibility, makes *Nettie Johnson* not just a book to enjoy as a reading, but a book to hold near, to put one's faith in when it comes to matters of human nature."

Datebook

June 29

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7-9pm HOC Health Centre 695
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July 3, 17, 31

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July 4, 5, 6

An Evening Introduction to Hand Reflexology commences Certificate Weekend Course Intro \$10. Course \$295. Pacific Institute of Reflexology. 604-875-8818

July 12 - 13

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July 16 & August 13

Open House Canadian College of Shiatsu Therapy. Free. Chair-Shiatsu Trial 10am - 6pm School Information Seminar @ 11am, 3pm & 5:30pm Info: 604.904.4187 or www.oyayubi.com

July 20-25

Chinmaya Mission Vancouver - lectures on Sri Kapil Gita. Bahai Centre 5880 Main St, Vancouver 7:30-9pm. Admission Free

July 25, 26, 27

An Evening Introduction to Foot-Reflexology commences Certificate Weekend Course Intro \$10. Course \$295. Pacific Institute of Reflexology. 604-875-8818

July 26

Native Plant Tour. Come to the Earthwise Garden at Delta Recycling Society for a native plant tour. 7046 Brown Street. 10 am to noon. Free. 946.9828.

July 27

Peace in the City. Cdn Memorial Church. Dance Your Way to Peace 7:30pm 15th & Burrard 604.731.6819 Donation

July 27

Chefs to the Field Summer Lunch. Glen Valley Organic Farm Co-Operative. Noon - 3:30pm. 604.857.1400 www.gvofc.hub.org

August 1

Kids Day. Fun for the whole family at Delta Recycling Society's Earthwise Garden. 10 am to 3 pm. 7046 Brown Street. 946-9828.

August 4-8

Deepen Your Pilates Practice. Meridian Pilates Studio is offering an Intensive. Must pre-register. Beginner or Intermediate, call for details. 604.730.4094

August 8-11

Dancing The Body's Wisdom A movement therapy retreat for people interested in integrating movement into their work and life. The Haven Institute, Gabriola Is., www.haven.ca Catherine Fallis 604.255.4843, cfallis@paralynx.com

August 13

Picnic-all ages. 5:30-8:30, John Lawson Park. Fairies, wizards, entertainment, snacks. Advance tickets \$12. Pouring rain? - held at 1591 Bowser, North Van. West-Coast Mystic Arts 604.982.0099 www.westcoastmysticarts.com

August 15 - 17

Experience the 8th Annual NW Herbal Faire, outside Bellingham, WA. Camping, Workshops, Music, Swimming, Kids World, & much more. Reservations & info: www.nwherbalfaire.com

August 22, 23, 24

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September 5-7

Integrated Vision Therapy and author Dr. Roberto Kaplan leads Workshop and Skills Training in Victoria. See life more clearly, without glasses. Tressa 250.592.9015 beyond2020vision.com/victoria

September 7 - 12

Coming Home Body Heart & Soul yoga five day retreat on Hornby Island. Cost: \$500 dorm, \$550 double, \$600 single www.bodyheartsoul.com 250.338.4263

September 19-21

What really happens when our Soul heads "Home"? Find out about life lessons and Soul Agreements during this Heritage Valley Retreat, Abbotsford. Cost: \$160, info 604.263.7970

Sundays

Garden of Miracles spiritual gatherings meets every Sunday starting 4 May 2003, 10:30 am at Anne McDonald Hall (adjacent to Presentation House), North Vancouver. Call Susan at 604.987.6985.

Satsang, Chanting & Devotional Singing @ The Parish of St George. Corner of Laurel & 14th Ave. 7:30pm By donation. 604.433.3495

Centre for Spiritual Living -

"Uniting the World in Love". Rev. Candace Frank. Odd Fellows Hall, Half block east of Granville Meditation 10:30am, Service 11:00am. Fellowship after service.

Mondays

Satsang Meditation with Canela Michelle Meyers Toning, Sitting, Silence, Sharing, Questions, Answers... Acceptance of what is and you Are. Every Monday 7-9 pm. \$10.00/Open. Canela Michelle 604-984-0344.

Tuesdays

Reflexology Student Clinic sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

Edgar Cayce Study Groups -

personal spirituality and transformation with like-minded people. Call Vicki 294-5366.

Wednesdays

The Healing Bodywork Centre offers a "Pamper your Partner" evening every last Wednesday of the month. 604.737.8350

Thursdays

Sahaja Yoga Meditation Weekly free meditations at the Kester Grant College, 2421 Laurel Street, Broadway and Oak. Thursdays at 6:30 pm, beginning November 7th. 604-597-8440

Fridays

Kirtan and Community Chants for Peace. Prana Yoga Centre, Studio OM, 1041 Cambie (Yaletown) 7:30pm. Love donation, kids and Snrs free.

Saturdays

Free Yoga Classes. 10:30am. Lotus Light Charity Society. 347 E Hastings 604-685-5548

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Therapy with Dr. Weidong Yu at 916 W. King Edward Ave (at Oak). 4:30-5:30pm To reserve your seat call 604.737.7876.

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CHANCHAL CABRERA, medical herbalist, is returning to Vancouver after a 5 year absence, during which time she wrote 'Fibromyalgia - A Journey Toward Healing' (published by Contemporary Books) and completed a Master of Science degree in herbal medicine. Chanchal will be re-opening her clinical practice at Gaia Garden Herbs, 2672 West Broadway for herbal medicine, clinical aromatherapy and nutritional counseling. Call 604.734.4372 for appointments.

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WOMEN'S FULL MOON RETREAT Celebrate your whole being with a week among women experiencing sacred community at beautiful Cowichan Lake. Workshops, drumming, hiking, swimming, ceremony. Sliding scale \$695-\$495 CAD includes meals, workshops, accommodation. Aug 11-16/03 Call 250.382.5701 or 250.741.8905 www.pwcacamp.org

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Your Food Choices May Need a Change

by Geoffrey M. Gluckman

Are meat-eaters in British Columbia now at risk for Creutzfeldt Jacob disease (CJD) due to the discovery in May of an Alberta cow infected with BSE?

Research shows that CJD is transmissible by blood. So much in fact that the Center for Disease Control in Atlanta has mandated a protocol: any person in the US with CJD and undergoing dental surgery must go to a hospital for the procedure. The Canadian Dental Association has confirmed that it is following the same protocol.

The key issue surrounding spongiform encephalopathies is how these diseases pass from one species to another. At present, scientists have not determined this. Furthermore, CJD and its slower developing new variant form (nvCJD) resemble other neurodegenerative conditions such as Alzheimer's and senile dementia.

This brings into question the current methods in use for early detection of CJD. According to Dr. John Collinge's research (1998) at the department of neurogenetics at Imperial College School of Medicine in London, England, "...there are some tests to determine CJD, but it is unclear whether these markers differentiate CJD from other neurodegenerative conditions that cause differential diagnosis before death..." Definitive diagnosis now comes only after autopsy.

In the case of new variant CJD, which progresses more slowly, some of the current tests are not useful in early diagnosis. For now, there is much uncertainty. However, research seems to point to a common link — rogue prion ingestion.

Fortunately, due to early exposure to these rogue prion-caused diseases, Great Britain has made an early start on a drug that slows the progression of nvCJD. Developed at the Royal Lancaster Infirmary, pentosan polysulfate is used in a variety of ailments. At this time it is not approved for use in North America.

This drug may have its first success with an 18 year old boy, Jonathan Simm. Diagnosed with nvCJD, the drug was injected into his brain in January 2003. According to the boy's father, Jonathan seems to be improving, or at least not getting worse.

Regardless of what research finds, it is clear that the way BC residents eat may be in need of a change.

Check out www.geoffreygluckman.com.

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